

		Progress Notes	Prelim	Formal
<b>Form and Std Apps</b>			Test	Test
6.1	Section 1.1-3.3 rh			
6.2	Stnd apps 1.1-3.1			
6.3	Teach White-Blue levels			
<b>Firming Root and Center</b>				
6..1	Golden Rooster			
6..11	90 secs on floor			
6..12	30 secs on long bricks			
6.2	Wuji+Hold Ball 7 mins each			
<b>Coiling and Silk Reeling Jins</b>				
6..1	Wrist Na			
6.2	Yang Spiraling Wrist to Elbow			
6.3	Yin/Yang coiling out of wrist grab			
6.4	Yang SmbL Parallel Stepping			
6.5	Yin SmbL stationary w/partner			
6.6	Teaching White-Blue levels			
<b>Pushing Hands and Fighting Set</b>				
6.1	Taiji Fighting Set			
6.11	Section 1 Black Side			
6.12	Section 1 White Side			
6..2	Da Lu			
6.21	Stage 3 Rollbacks 1+2			
6.22	Stage 4 add Small Roll Back			
6.3	Single Pushing Hands with Intent			
6.31	Turn Yin to Yang			
6.32	Follow and redirect pluck			
6.4	Teach White-Blue levels			
<b>Breathing, Qi Cultivation and Circulation</b>				
6.1	Martial Grand Circulation			
6.2	Taiji Ball Breathing			
6.3	Teach White-Blue levels			
<b>Taiji Ball Circling, Rotating and Spiraling Jins</b>				

6	Stepping, Rotating and Wrapping		
6.1	Mixed stepping and circling		
6.2	Rotating		
6.21	in even stance		
6.22	rocking		
6.3	Vertical circling and rotating		
6.4	Horizontal circling and rotating		
6.5	Mixed rotating and circling		
6.6	Wrapping		
6.61	in even stance		
6.62	rocking		
6.7	Teach white-blue levels		
<b>Taijiquan Self-Defense and Fighting Skills</b>			
3.1	Reaction training at 6 ft or less		
3.11	Catch the bags		
3.12	Deflect the bags		
3.2	Adhere and connect stationary		
3.3	Attach and redirect high attack		
3.31	using Wave Hands		
3.32	using Lift Hands (indoor form)		
3.4	Attach and redirect a low attack		
3.41	using Lift Hands (indoor form)		
3.42	using Yin Yang symbol bottom		
3.43	using Deflect Downward		
3.5	Adhere and connect moving		
3.6	Teaching--blue level		
<b>Taiji Short Weapons</b>			
4.1	Short weapons warm-up set		
4.2	Cane retention techniques		
4.3	Advanced cane form		
4.4	Taiji Saber		